An official website of the United States government

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COVID.gov

Your Health

Long COVID

Is broadly defined as a chronic condition that occurs after an initial SARS-CoV-2 infection and is present for at least 3 months. Long COVID includes a wide range of symptoms or conditions that may improve, worsen, or be ongoing.

- Can impact multiple body systems like digestion, brain, heart, and lungs.
- Symptoms and conditions may come and go or get worse over time.
- Symptoms and conditions may become severe and life-threatening.

Estimates vary, but research suggests between 3-6% of adults currently have Long COVID with approximately 25% reporting significant activity limitations.

Prevention

As we learn about Long COVID, the best protection remains to prevent COVID-19 by following basic public health interventions, including staying up to date on vaccination. Studies have shown that people who are vaccinated against COVID-19 are less likely to develop Long COVID if they do become infected.

To find a vaccine location near you visit, vaccines.gov <https://www.vaccines.gov/>!

What to do if you think you have Long COVID

There is currently no test that can tell you if you have Long COVID. Depending on the specific condition there may be treatment or actions that can be taken to lessen the symptoms. Some conditions are already understood and treatable, such as atrial fibrillation, kidney disease, and diabetes. Others such as cognitive impairment and dysautonomia are more challenging. Before your visit with a healthcare provider consider using an appointment checklist or visit the CDC's page on Patient Tips to better prepare.

- Healthcare Appointment Checklist for Post-COVID Conditions <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/post-covid-appointment/appointment-checklist.pdf>
- Patient Tips: Healthcare Provider Appointments for Long COVID <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/post-covid-appointment/index.html>

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